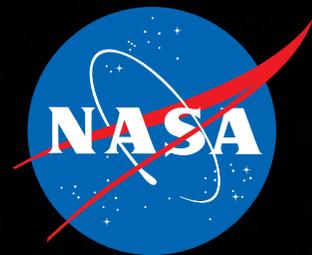


National Aeronautics and Space Administration



²⁰⁰⁸*Healthier You*



www.nasa.gov

2008 HealthierYou Calendar



Introduction

The NASA Office of the Chief Health and Medical Officer (OCHMO) presents its fourth annual health calendar with the publication of 2008 HealthierYou.

2008 HealthierYou calendar focuses on two issues:

- 1) Complexities of the many roles and responsibilities each individual faces in their daily life.
- 2) Influence of lifestyle choices on health and well being with a particular emphasis on healthy aging.

We encourage you to observe the monthly learning activities and to take time for yourself.

Answers to the NASA trivia questions and more detailed answers to the learning activities are posted on www.ohp.nasa.gov/healthcalendar. NASA Trivia is also located on "45 Moments in NASA History" www.nasa.gov/externalflash/NASA45/textonly/trivia.html

Moon phases are based on Universal Time with these symbols:

New Moon: ● First Quarter: ◐ Full Moon: ● Last Quarter: ◑

We would very much like to hear from you; the calendar evaluation form is available online at www.ohp.nasa.gov/healthcalendar or you may contact us directly at (321) 867-3646.

Credit:

1. "The Stress Management Equation" case study: Marion Ruffing, EAP, MBA based on "The Female Stress Syndrome", Georgia Witkin, PhD, Newmarket Press, 1991.
2. Medical Editors: George Wyckliffe Hoffer, M.D. and Saralyn Mark, M.D.
3. Text: Dynamac Corporation, MPE-14, Kennedy Space Center
4. Graphics: InDyne Corporation, Kennedy Space Center

Work/Life Balance

To achieve a sense of balance between your aspirations and the reality you've chosen you must first commit to yourself: your own health, career, family, and community. Consider the following steps in achieving this balance:

- ❖ Develop a vision of what you want and who you want to be.
 - ✿ Gives you a path to follow; otherwise, the road will seem uncertain.
- ❖ Become a better planner of work and personal time.
 - ✿ Limits distractions.
- ❖ Develop flexibility to see all of the possibilities.
 - ✿ Prepares you for new opportunities.
- ❖ Develop confidence to choose a path without knowing where it leads.
 - ✿ Gives you the resilience to adapt and grow with the changing times.
- ❖ Develop a mindset of community.
 - ✿ Think of friends, family and colleagues as your community.
 - ✿ Remove any reluctance to ask for help and to accept offers of help.
 - ✿ Set aside time to continue relationships and to build on them.
 - ✿ Be a part, not apart.
- ❖ Know yourself.
 - ✿ Don't compare yourself with other people.
 - ✿ Know what gives you a sense of peace and balance.
 - ✿ Find your natural strengths.

Work/Life programs and policies are designed to create a more flexible and responsive work environment that is supportive of commitments to community, home and loved ones. As NASA endeavors to return to the moon, it will be critical for mission success that the NASA work force develop a healthy work/life balance. We hope this calendar helps you achieve that balance!



Resources:



Coming together is a beginning. Keeping together is progress. Working together is SUCCESS.
—Henry Ford



2008 January

Menu Planning

The advantages of Menu Planning:

- ❖ More variety in food groups.
- ❖ Entire family can take part in planning and menu ownership.
- ❖ Weekend cooking can be a family affair.
- ❖ Monitoring portion sizes becomes easier.
- ❖ Less cooking time during the week means more time to exercise.
- ❖ Fewer shopping trips and less opportunity to give in to indulgences.
- ❖ Reduced potential to over spend on unnecessary items.

Learning Activity:

Is your thyroid working properly?

Brief Answer: If your thyroid works properly, so will you! Over 27 million Americans have overactive or underactive thyroid glands, but more than half remain undiagnosed.

NASA Trivia:

Who was the first American Astronaut to ride aboard a Russian Soyuz rocket?

For full answers to the trivia and the learning activity go to:

www.ohp.nasa.gov/healthcalendar

 We need your input!
Please evaluate the calendar online:
www.ohp.nasa.gov/healthcalendar

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 New Year's Day FEDERAL HOLIDAY	2	3	4	5
6	7	8 ●	9	10	11	12
13	14	15 ◐	16	17	18	19
20	21 Martin Luther King, Jr. Day FEDERAL HOLIDAY	22 ○	23	24	25	26
27	28	29	30 ◑	31		

DECEMBER 07							FEBRUARY 08						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1						1	2
2	3	4	5	6	7	8	3	4	5	6	7	8	9
9	10	11	12	13	14	15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	17	18	19	20	21	22	23
23	24	25	26	27	28	29	24	25	26	27	28	29	
30	31												

Resources:

- www.cnpp.usda.gov
- www.aace.com
- www.powerofprevention.com
- www.thyroid.org
- www.checkyourneck.com



The ultimate measure of a man is not where he stands
in moments of comfort and convenience, but where he
stands at times of challenge and controversy.
—Martin Luther King Jr.



2008 February

Women and Heart Disease

Be your own health advocate - educate yourself about heart disease, gender-specific symptoms and early intervention.

- ❖ Typical symptoms may be panic attacks, fatigue, cold sweat, dizziness, indigestion, sleeplessness, anxiety, jaw and throat pain and nausea.
- ❖ Women may develop blockage or spasms in their small coronary arteries which may not appear in angiograms or heart catheterization.
- ❖ Compared to men, women are at a greater risk if they smoke and have high blood pressure and cholesterol.
- ❖ Women react differently to cardiac medications.

Learning Activity:

What is the Surgeon General's Prescription for Health?

Brief Answer: During this month start or renew efforts for self discovery. Build healthier minds and bodies by following this prescription.

NASA Trivia:

Who was the first African-American to perform a spacewalk?

For full answers go to:

www.ohp.nasa.gov/healthcalendar

Resources:

www.surgeongeneral.gov

www.americanheart.org

Excerpts from an article by Saralyn Mark, MD, ME Magazine, February 2007

SUN	MON	TUES	WED	THURS	FRI	SAT	
JANUARY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		MARCH S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		American Heart Month			1 National Wear Red Day
3	4	5	6 Ash Wednesday	7 Annular Solar Eclipse	8	9	
10	11	12	13	14 Valentine's Day	15 National Women's Heart Health Day	16	
17	18 Presidents' Day FEDERAL HOLIDAY	19	20	21 Total Lunar Eclipse	22	23	
24	25	26	27	28	29		



We cannot direct the wind,
but we can adjust the sails.
—Anonymous



2008 March 8

A Nutrition Prescription

The goal of an individually tailored Diabetes Nutrition Prescription is to manage the **ABCD** of diabetes:

- ❖ **HbA1c** testing evaluates the average amount of glucose in the blood over the last 2 to 3 months. The goal for HbA1c is less than 7.
- ❖ **Blood pressure** of 120-130 mmHg systolic and 80-90 mmHg diastolic are desired.
- ❖ **LDL Cholesterol** is Low Density Lipoprotein Cholesterol that should be at 100 mg/dL or below.
- ❖ **Dietary Compliance** is essential in reducing the likelihood of concomitant conditions such as kidney or vision failure.

Learning Activity:

The Nutrition Prescription addresses LDL, not HDL, why is that?

Brief Answer: By addressing behaviors that affect LDL levels, you are also improving your HDL levels.

NASA Trivia:

What is NACA?

For full answers go to:

www.ohp.nasa.gov/healthcalendar



We need your input!
Please evaluate the
calendar online:

www.ohp.nasa.gov/healthcalendar

Resources:

www.diabetes.org
www.aace.com
www.labtestsonline.org
www.nhlbi.nih.gov
www.clevelandclinicmeded.com
www.eatright.org

SUN

MON

TUES

WED

THURS

FRI

SAT

FEBRUARY

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

APRIL

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

National Nutrition Month

2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	American Diabetes Alert Day				

Daylight Savings Time Begins

Palm Sunday

St. Patrick's Day

Vernal Equinox

Good Friday

Easter





2008 April

Vitamins, Minerals and Cancer Prevention

The relationship between cancer and nutrients is not fully understood. Research on the subject continues. Currently, no one study provides the last word. Here are some relevant facts:

- ❖ Nutrients in vegetables and fruits protect against damage to body tissues that occur from normal metabolism also called oxidation.
- ❖ Oxidation is linked with increased cancer risk.
- ❖ Antioxidants such as Vitamin C & E and carotenoids are abundant in vegetables and fruits and work best when consumed in their natural state.
 - ✿ Clinical studies of antioxidant supplements are under way.
- ❖ If taking supplements, observe the Food and Drug Administration (FDA) recommended daily allowance.

Learning Activity:

Do food additives or irradiated foods cause cancer?

Brief Answer: The FDA plays a big part in securing our food source through risk based inspections.

NASA Trivia:

Only one Gemini capsule was given a name; which one and by whom?

For full answers go to:

www.ohp.nasa.gov/healthcalendar

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
Cancer Control Month						
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
						WalkAmerica March of Dimes
National Minority Cancer Awareness Week						
27	28	29	30			
WalkAmerica March of Dimes						

MARCH							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1						1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31
30	31												



Nothing in life is to be feared. It is
only to be understood.
—Marie Curie



2008 May

Stress Management Equation

Adversity + **B**elief = **C**onsequences

- ❖ Our responses to **A**dverse events are based on our **B**eliefs.
- ❖ Beliefs develop over time and influence our thinking, attitudes and perceptions.
- ❖ Our response to an adverse event, or **C**onsequence, is most visible and tangible.
- ❖ Just as beliefs develop over time so do effective stress management and coping skills, all of which are learned behaviors. Re-training requires:
 - ❖ A conscious awareness of our beliefs and the ability to dispute irrational ones and replacing them with rational thoughts.
 - ❖ Practicing newly learned skills.
 - ❖ Commitment to the advocated process.

Learning Activity:

Case Study: Cynthia had just finished a major report at work. She scheduled a long awaited dental surgery, started coordinating a surprise birthday party, and finally made an appointment to get the car serviced. But then, her boss announced, "Congratulations! Your report was so impressive that management wants you to join another project that is on a strict time table. We are proud that someone from our office was chosen."

Brief Answer: Cynthia prioritized the tasks and asked for assistance. Read more about how she utilized the $A + B = C$ equation.

NASA Trivia:

What college, in the state of Indiana, did both Gus Grissom (Mercury Astronaut) and Neil Armstrong (first man on the moon) attend for their undergraduate studies?

For full answers go to:

www.ohp.nasa.gov/healthcalendar

Resources:

www.stressgroup.com
www.nmha.org
www.4woman.gov

www.nhlbi.nih.gov
www.americanheart.org

SUN

MON

TUES

WED

THURS

FRI

SAT

APRIL

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JUNE

S	M	T	W	T	F	S	
	1	2	3	4	5	6	7
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

National Mental Health Month

National High Blood Pressure Education Month

National Stroke Awareness Month

4	5 ●	6	7	8	9	10
	Cinco de Mayo					
11	12 ◐	13	14	15	16	17
National Women's Health Week						
Mother's Day						
18	19	20 ○	21 National Employee Health and Fitness Day	22	23	24
25	26 Memorial Day FEDERAL HOLIDAY	27	28 ◐	29	30	31 No Tobacco Day



If you start to think the problem is 'out there,'
stop yourself. That thought is the problem.
—Stephen Covey



2008 June

Tension-Type Headaches

- ❖ Tension headaches are caused by chemical changes in the brain.
- ❖ Symptoms are localized, commonly not associated with nausea, noise or light sensitivity; muscle tightness in the neck and base of skull is also reported.
- ❖ Treatment regiment must address contributing factors such as depression, anxiety, sleep disorders or working in awkward positions. Also important are self-care measures such as:
 - ⊗ Regular eating and sleeping schedules,
 - ⊗ Successful coping skills in managing stress,
 - ⊗ Muscle relaxation techniques via application of heat or ice, massage therapy or good posture.

Learning Activity:

Are the minority population at a greater risk of morbidity and premature mortality from some types of cancer?

Brief Answer: Several contributing factors address the issue of cancer disparities.

NASA Trivia:

Who is the only U.S. President to be present at a Shuttle Launch?

For full answers go to:

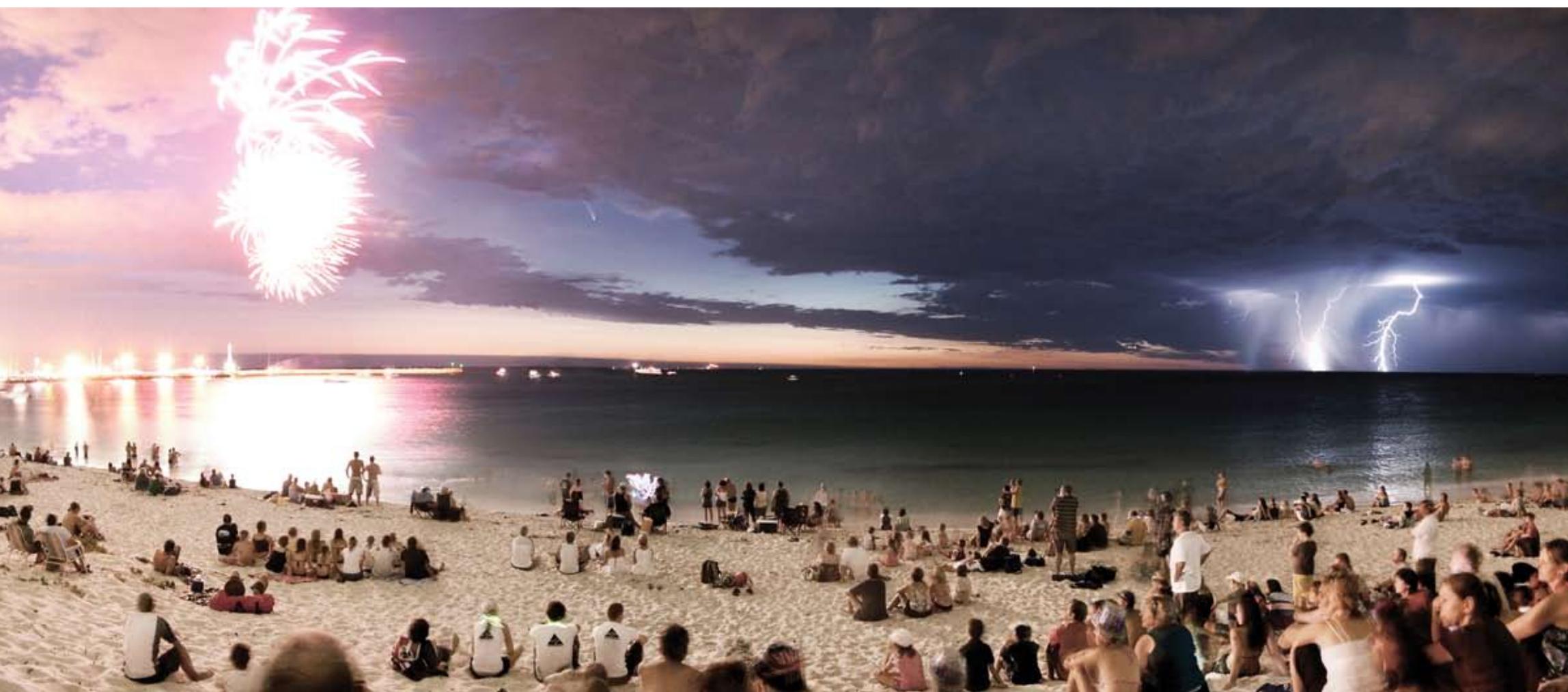
www.ohp.nasa.gov/healthcalendar

SUN	MON	TUES	WED	THURS	FRI	SAT
1 National Cancer Survivor's Day	2	3 ●	4	5	6	7
National Headache Awareness Week						
8	9	10 ◐	11	12	13	14
National Men's Health Week						
15	16	17	18 ○	19	20	21
Father's Day						
22	23	24	25	26 ◐	27	28
Summer Solstice						
29	30	National Aphasia Awareness Month				

MAY							JULY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30	31	27	28	29	30	31		

Resources:

- www.Mayoclinic.com
- www.i-h-s.org
- www.headaches.org
- www.ncsdf.org
- www.cancer.org
- www.menshealthweek.org
- www.aphasia.org



Comet Between Fireworks and Lightning, Credit & Copyright: Antti Kemppainen, APOD 2007 February 5.
www.jkemppainen.com/antti

A snowflake is one of the most fragile creations,
but look what they can do when they stick together!
—Unknown



2008 July

Healthy Lifestyles, Livable Communities

A local park system is necessary for a healthy community because it:

- ❖ Equally affords the residents an opportunity for an active lifestyle.
- ❖ Preserves a sense of community and social network.
- ❖ Positively affects economic viability.
- ❖ Gets people moving through park sponsored activity oriented programs.
- ❖ Keeps people active by providing safe facilities such as ball fields and walking trails.

Learning Activity:

Why do some people experience leg pain when walking?

Brief Answer: Learn the difference between leg pain that is secondary to circulation vs. pain from sore muscles.

NASA Trivia:

Who was the last NASA Astronaut to live aboard Mir?

For full answers go to:

www.ohp.nasa.gov/healthcalendar

 We need your input!
Please evaluate the calendar online:
www.ohp.nasa.gov/healthcalendar

UV Safety
Month

SUN	MON	TUES	WED	THURS	FRI	SAT		
JUNE S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		AUGUST S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1	2	3 ●	4 Independence Day FEDERAL HOLIDAY	5
6	7	8	9	10 ●◐	11	12		
13	14	15	16	17	18 ○	19		
<hr/> National Therapeutic Recreation Week <hr/>								
20	21	22	23	24	25 ●◐	26		
27	28	29	30	31				

Resources:



In times of life crisis, whether wild fires or smoldering stress, the first thing I do is go back to basics ... am I eating right, am I getting enough sleep, am I getting some physical and mental exercise everyday.

—Edward Albert



2008 August 8

The Stress Connection

Stress overload is associated with certain physical symptoms such as fatigue, weight gain or loss, and high blood pressure or high sugar. This is how stress affects your blood sugar:

- ❖ A stressful event triggers blood sugar to rise.
- ❖ Body reacts by releasing insulin.
- ❖ Insulin works by moving sugar from blood into cells for energy.
- ❖ Process failure points that keep blood sugar chronically elevated occur when:
 - ✿ The body does not produce/release insulin or
 - ✿ Cells are resistant to insulin.
- ❖ Lack of effective stress management skills exacerbates this condition and perpetuates the cycle.
- ❖ Commit to routine and simple stress management techniques.

Learning Activity:

Develop your prescription for stress management. Some ideas are posted on:
www.ohp.nasa.gov/healthcalendar

NASA Trivia:

Can you name the six Ape-O-Nauts?

For full answers go to:

www.ohp.nasa.gov/healthcalendar

Resources:

- www.prevention.com
- www.healthcenterweek.com
- www.nationalpainfoundation.org

SUN	MON	TUES	WED	THURS	FRI	SAT		
JULY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		SEPTEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		National Pain Awareness Month			1 Total Solar Eclipse	2
3	4	5	6	7	8 Total Solar Eclipse	9		
10	11	12	13	14	15	16 Partial Lunar Eclipse		
National Health Center Week								
17	18	19	20	21	22	23 Partial Lunar Eclipse		
24	25	26	27	28	29	30		
31								



Figure out what you want. Decide that
you deserve it. Believe you can get it.
Have the guts to ask for it.
—Barbara De Angelis



2008 September

Family Day — A Day to Eat Dinner with Your Children™

Dinner conversations help you learn about your children's lives and understand the challenges they face.

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Labor Day FEDERAL HOLIDAY	2 First of Ramadan	3	4	5	6
7 ☾	8	9	10	11	12	13
14	15 ○	16	17	18	19	20
21	22 ☾ Family Day™ Autumnal Equinox	23	24	25	26	27
28	29 ●	30 Rosh Hashanah				

- ❖ Teens that eat dinner with their families five or more times per week have half the risk of substance abuse than those who eat with families fewer times. Remember these principles:
 - ✱ Be consistent with family rules.
 - ✱ Be a model of healthy behaviors.
 - ✱ Be a hands-on parent.
 - ✱ Remain true to the facts.
- ❖ Extend **Family Day** to businesses, professional societies, schools and community groups as a symbolic act to promote togetherness.

It's Back To School Time!

For tips on packing healthy lunches see www.healthiergeneration.org

Learning Activity:

Develop a plan for talking to your children. Compare your plan with one at: www.ohp.nasa.gov/healthcalendar

NASA Trivia:

Which astronaut hit a golf ball on the moon?

For full answers go to:

www.ohp.nasa.gov/healthcalendar

Healthy Aging
Month

AUGUST							OCTOBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2					1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11	
10	11	12	13	14	15	16	12	13	14	15	16	17	18	
17	18	19	20	21	22	23	19	20	21	22	23	24	25	
24	25	26	27	28	29	30	26	27	28	29	30	31		
31														

 We need your input!
Please evaluate the calendar online:
www.ohp.nasa.gov/healthcalendar

Resources:

www.casafamilyday.org
www.healthaging.net



Change is not something you do,
it's something you allow.
—Will Garcia



2008 October 8

Domestic Violence

Patterns of behavior used to establish power over another person occur when one person believes they are entitled to control another.

- ❖ Generally, the behavior escalates over time.
- ❖ Includes intimate partner relationships (spousal, live-in partners and dating relationships) and familial (elder and child abuse).
- ❖ Abuse falls into one or more of the following categories:
 - * Physical battering,
 - * Sexual assault,
 - * Emotional or psychological abuse,
- ❖ Victims of abuse experience these and many other events:
 - * Deprivation of physical, financial, health and economic resources,
 - * Lying, manipulation and coercion,
 - * Intimidation, threat to self & loved ones, fear, shame and criticism,
 - * Isolation from family and friends.

Learning Object:

How can you help your children develop a positive body image and relate to food in a healthy way?

Brief Answer: Children pay attention to what you say and do — even if it doesn't seem like it sometimes.

NASA Trivia:

Q: Christa McAuliffe was the first teacher selected to fly in the shuttle. Who was scheduled to be the second?

For full answers go to:

www.ohp.nasa.gov/healthcalendar

SUN	MON	TUES	WED	THURS	FRI	SAT
SEPTEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	National Domestic Violence Awareness Month	1 (Eid) al Fitr	2 Yom Kippur	3	4
5	6	7 ☾	8	9	10	11
12	13 Columbus Day FEDERAL HOLIDAY	14 ☉	15	16	17	18
19	20	21 ☾	22	23	24	25
26	27	28 ●	29	30	31 Halloween	National Work and Family Month



Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment.

— Grenville Kleiser



2008 November

Caring for Elderly Parents

The older population in America is growing quicker than all other age groups.

- ❖ The majority of long-term care to older adults is provided by family caregivers for an average duration of 1-4 years.
- ❖ Stressful infringements on the caregiver's own health result from:
 - ✿ Role conflicts and competing demands on personal, family and work life
 - ✿ Physical strains
 - ✿ Financial consequences
 - ✿ Emotional burdens
 - ✿ Confinement and isolation

Learning Activity:

Are you and your siblings asking yourselves the following questions:

- ❖ Can my parents safely remain in the family home?
- ❖ Are bills being paid on time and who will manage their finances?
- ❖ Is caring for my parents taking me away from personal life, family and work?
- ❖ How can I maintain my parent's dignity and independence?

Brief Answer: If you answered YES to one or more, there is help. Go to:

www.ohp.nasa.gov/healthcalendar

NASA Trivia:

How were Mercury capsules named?

Resources:

www.nfcacares.org
www.thefamilycaregiver.org
www.nasua.org
www.familycaregiversonline.com
www.aoa.gov

SUN

MON

TUES

WED

THURS

FRI

SAT

OCTOBER

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

DECEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

National Family Caregiver Month

National Alzheimer's Disease Awareness Month

2	3	4	5	6	7	8
Daylight Savings Time Ends		Election Day				
9	10	11	12	13	14	15
		Veterans Day FEDERAL HOLIDAY				
16	17	18	19	20	21	22
23	24	25	26	27	28	29
				Thanksgiving Day FEDERAL HOLIDAY		
30						



The secret of concentration is the secret of self-discovery. You reach inside yourself to discover and match your personal resources to the challenge.
—Arnold Palmer



2008 December

Exercising in Cold Weather

Plan accordingly for environmental conditions such as air temperature and air speed.

- ❖ Layered clothing is key; at temperatures below 50 F each quarter-inch of clothing adds one layer of insulation.
- ❖ Take a known path that has traffic; if stranded, help is close by.
- ❖ Study the path in advance and pre-designate resting points.
- ❖ Frequently drink warm or caffeine-free fluids containing carbohydrates.
- ❖ Change wet clothing immediately.
- ❖ Communicate with a family member the time you plan to return.
- ❖ Bring a cell phone or a Personal Locator Beacon for emergencies.

Learning Activity:

If you indulge in a high-fat comfort food for dinner, how might you minimize its impact? Choose the correct answer:

- A. By fasting the next day
- B. By doing nothing, one meal won't hurt anything
- C. By taking a leisurely walk for 45 minutes after the meal

NASA Trivia:

Who was the first American woman astronaut to perform a spacewalk?

For full answers go to:

www.ohp.nasa.gov/healthcalendar

 We need your input!
Please evaluate the calendar online:
www.ohp.nasa.gov/healthcalendar

SUN	MON	TUES	WED	THURS	FRI	SAT
National 3D Prevention Month	1	2	3	4	5	6
7	8	9	10	11	12	13
Hand Washing Awareness Week						
14	15	16	17	18	19	20
21	22	23	24	25	26	27
Winter Solstice	Hanukkah begins			Christmas Day FEDERAL HOLIDAY	Kwanzaa begins	
28	29	30	31			
			New Year's Eve			

NOVEMBER							JANUARY 09							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1							1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	25	26	27	28	29	30	31	
30														

Resources:

Excerpts from "Exercising in Cold Weather" By Rita Shapiro and Joe Golding, USPHS, Readiness Committee of the Therapist Professional Advisory Committee, 2007.

- www.nhtsa.dot.gov
- www.nsc.org
- www.madd.org
- www.ncadd.com
- www.3dmonth.org

Useful Reference Numbers

Americans with Disabilities Information	(800) 514-0301; TTY (800) 514-0383
Al-Anon/Alateen Family Group Headquarters	(888) 4-AL-ANON
Alzheimer's Association Helpline	(800) 272-3900
American Red Cross	(800) 733-2767
Asthma Information Line	(800) 822-2762
Centers for Disease Control	(800) 232-4636
Center for Disease Control National Prevention Information	(800) 458-5231; TTY (800) 243-7012
Consumer Product Safety Commission	(800) 638-2772; TTY (800) 638-8270
Department of Transportation's Hotline for Air Travelers With Disabilities	(800) 778-4838; TDD (800) 455-9880
Dial a Hearing Screening Test	(800) 222-3277
Federal Emergency Management Agency (FEMA) Nationwide Disaster Assistance	(800) 462-9029
Food Allergy Network	(800) 929-4040
Food and Drug Administration Foods Hotline	(800) 332-4010

Food and Drug Administration Consumer Inquiries	888-463-6332
Food Safety Hotline	(888) SAFEFOOD; TTY (800) 877-8339
Identify Theft Hotline (FTC)	(877) ID-THEFT; (877) 438-4338
Meat and Poultry Hotline	(888)-674-6854
National Domestic Violence Hotline	(800) 799-7233
National Fraud Info Center	(800) 876-7060
National Hopeline Network	(800) SUICIDE
National Patient Travel Helpline	(800) 296-1217
National Suicide Prevention Lifeline	(800) 273-TALK
Poison Help Hotline	(800) 222-1222
Relief for Caregivers National Respite Locator Service	(800) 677-1116
Safe Drinking Water Hotline	(800) 426-4791
Smoking Quitline	(877) 448-7848; TTY (800) 332-8615
Victims of Crime Help Line	(800) FYI-CALL; (800) 394-2255

NASA Center Reference Numbers

OCCUPATIONAL HEALTH CLINICS			FITNESS CENTERS	EMPLOYEE ASSISTANCE PROGRAMS	WORKERS' COMPENSATION CONTACTS
PHONE	FAX		PHONE	PHONE	PHONE
ARC	650-604-5287	650-604-0640	Unmanned	650-604-5172	650-604-5172/1019
DFRC	661-276-3570	661-276-2392	661-276-2261	661-276-2000	661-276-7313
GRC	216-433-5841	216-433-6529	216-433-6481	216-433-2989	216-433-8746/3128
GSFC	301-286-6666	301-286-1618	301-286-8404	301-286-4600	301-286-4249
HQ	202-358-2600	202-358-3027	202-358-0138	202-628-5100	202-358-0930/2589
JPL	818-354-3319	818-393-4963	Unmanned	818-354-3680	202-358-0930/2589
JSC	281-483-4111	281-244-5179	281-483-0317/0301	281-483-3014	281-483-1132
KSC	321-867-3346	321-867-2040	321-867-7829	321-867-7398	321-861-6923/1321
LRC	757-864-3193	757-864-9114	757-864-6387	757-826-8565	757-864-3194
MAF	504-257-2701	504-257-4425	Unmanned	504-257-2415	256-544-0173
MSFC	256-544-2390	256-544-5746	256-544-9355	256-544-7549	256-544-7186/0173/0957
SSC	228-688-3810	228-688-7565	228-688-3950	228-688-3005	228-688-1303/1590
WFF	757-824-1266	757-824-1497	Unmanned	757-398-2374	301-286-4249
WSTF	505-524-5212	505-524-5046	Unmanned	505-647-2800	281-483-1132



2009 January

Anemia

On Earth —

- ❖ Definition- Number of red blood cells is below normal.
- ❖ Red blood cells contain hemoglobin, a red, iron-rich protein which carries oxygen to tissues.
- ❖ Iron, proteins and vitamins, especially folate and vitamin B-12 obtained from food sources, are necessary for red blood cell production.
- ❖ Many forms of anemia range from mild to serious, short to long term.
- ❖ Risk factors- Malnutrition, intestinal disorders, pregnancy, family history, chronic conditions such as liver and kidney failure, environmental contaminations such as lead and copper and certain infections.

In Space —

- ❖ Mild anemia is a complication of prolonged exposure to microgravity associated with impaired production of erythropoietin, a hormone essential in red blood cell production.

NASA Spinoff Technology:

Development of a kidney dialysis machine using “sorbent” dialysis, a method of removing urea from human blood by treating with a dialysate solution. The process saves electricity and gives the patient greater freedom.

Myth or fact:

Taking iron may help with anemia?

Answer: Iron deficiency is only one cause of anemia.

To read more go to:
www.intelihealth.com
www.mayoclinic.com

SUN MON TUES WED THURS FRI SAT

National Blood Donor Month

New Year's Day
FEDERAL HOLIDAY

Martin Luther
King, Jr. Day
FEDERAL HOLIDAY

National Folic Acid Awareness Week

HealthierYou By Choice Recipes

Yogurt-Strawberry Parfait

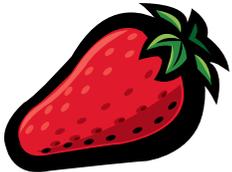
Number of portions: 4, 1/2 cup frozen yogurt and 1/2 cup fruit each

1 pint frozen low fat vanilla yogurt
2 cups sliced strawberries
8 mint leaves (optional)

1. Layer yogurt and berries in a parfait glass.
2. Garnish with mint leaves and serve.

Note: For variety, use other berries or sliced fresh fruit in season.

Each serving provides:
1/2 serving from milk group
1 serving from fruit group



Per Serving:

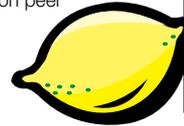
Calories: 130 Total fat: 2 g Saturated fat: 1 g Cholesterol: 5 mg Sodium: 60 mg

Lemon Pound Cake

Number of portions: 18, 1 slice about 1/2-inch thick

2/3 cup margarine, softened
1-1/3 cups sugar
4 eggs
1 tsp vanilla
2 cups flour
1/4 tsp baking powder
1/4 tsp baking soda
2/3 cup low fat lemon yogurt
3 tbs lemon juice
1 tsp grated lemon peel

1. Preheat oven to 325° F. Grease and flour 9 x 5 loaf pan.
2. Cream margarine in large mixing bowl. Gradually add sugar, beat until light and fluffy.
3. Add eggs one at a time, beating well after each addition. Add vanilla.
4. Mix dry ingredients.
5. Mix yogurt, lemon juice and lemon peel.
6. Add dry ingredients and lemon mixture alternately to egg mixture until dry ingredients are just moistened.
7. Pour batter into pan. Bake 1-1/4 hours until lightly browned.
8. Cool 10 minutes in pan on a rack before removing from pan.



Each serving provides:
3/4 serving from bread group

Per Serving:

Calories: 195 Total fat: 8 g Saturated fat: 2 g Cholesterol: 48 mg Sodium: 120 mg



Whole-Wheat Pancakes

Number of portions: 4, 2 4-inch pancakes each

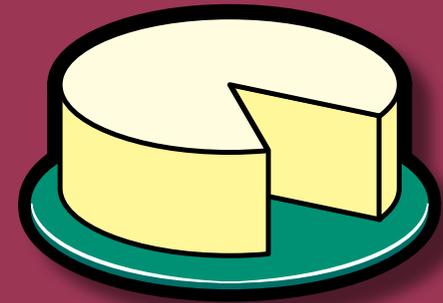
1 cup whole-wheat flour
2 tsp brown sugar, packed
1-1/2 tsp baking powder
1/8 tsp salt
1 egg
1 cup skim milk
2 tsp vegetable oil

1. Preheat griddle.
2. Mix dry ingredients.
3. Beat egg, milk and oil together.
4. Add milk mixture to dry ingredients; stir until dry ingredients are barely moistened. Batter will be lumpy.
5. For each pancake, pour 1/4 cup of batter onto hot griddle.
6. Cook until surface is covered with bubbles; turn, cook other side until lightly browned.

Each serving provides:
2 servings from bread group.

Per Serving:

Calories: 170 Total fat: 4 g Saturated fat: 1 g Cholesterol: 54 mg Sodium: 230 mg



Split Pea Soup

Number of portions: 6, 1 cup each

1 small boneless smoked pork chop (about 3 ounces)
1-1/2 cups dry green split peas
1/2 cup chopped onion
1/2 cup shredded carrot
1/8 tsp pepper
2-1/2 cups water
3-1/2 cups low-sodium chicken broth

1. Cut fat from smoked pork chop, discard. Chop or dice meat.
2. Mix ingredients in a large sauce pan. Bring to a boil, cover, reduce heat and simmer 1-1/2 hours. Stir occasionally.

Each serving provides:
Meat alternate equal to 1-1/4 ounces from meat group
1/2 serving from vegetable group



Per Serving:

Calories: 220 Total fat: 2 g Saturated fat: 1 g Cholesterol: 5 mg Sodium: 190 mg

Lentil Stroganoff

Number of portions: 4, 1-1/2 cups stroganoff and 3/4 cup noodles each

1-1/2 cups lentils, dry
4-1/2 cups water
1/4 tsp salt
1 tsp vegetable oil
1-1/2 cups fresh mushrooms, sliced
1 cup red or green pepper, cut in strips
1/2 cup onion, chopped
3 tbs flour
2 tsp dry mustard
1/4 tsp black pepper
8-oz. container plain low fat yogurt
3 cups cooked egg noodles
2 tbs sliced green onion

1. Combine lentils, water and salt in large sauce pan. Bring to a boil, cover, reduce heat and cook until lentils are tender, about 30 mins. Drain, set lentils aside and keep warm. Save liquid - add water to make 1-1/2 cups.
2. Heat oil in a large fry pan. Add mushrooms, peppers and onion. Cook until vegetables are just tender.
3. Mix flour and seasonings. Stir evenly into vegetable mixture. Add saved liquid, stirring constantly. Cook over medium heat until mixture is smooth and thickened.
4. Add lentils, mix well. Heat to serving temperature.
5. Just before serving, stir in yogurt.
6. Cook noodles according to package directions.
7. Serve stroganoff over noodles. Garnish with green onion.

Each serving provides:
Meat alternate equal to 2 ounces from meat group
1-1/2 serving from bread group
1-1/4 serving from vegetable group
1/4 serving from milk group

Per Serving:

Calories: 520 Total fat: 5 g Saturated fat: 1 g Cholesterol: 48 mg Sodium: 340 mg

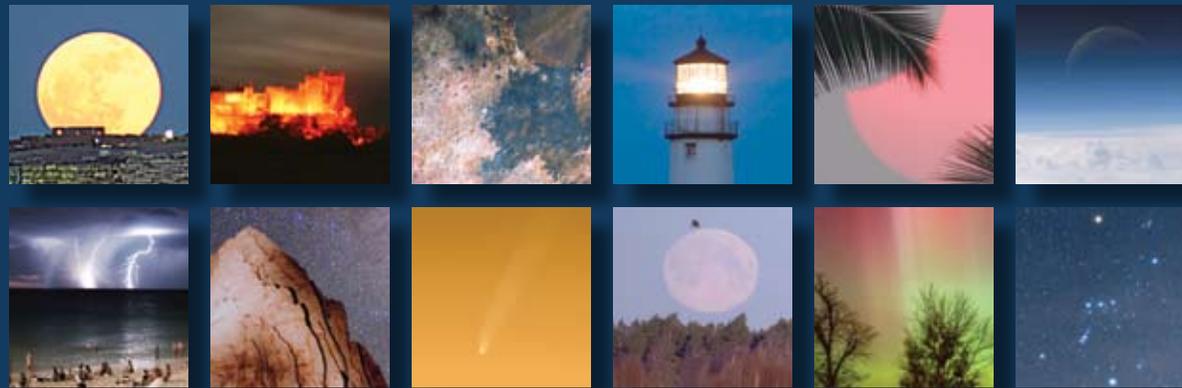
Resources:

Smart Cooking: www.cancer.org
www.cnpp.usda.gov

Image Gallery

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You may do a search on APOD to locate the images at antwrp.gsfc.nasa.gov/cgi-bin/apod/apod_search



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Expedition 13 Image, ISS013-E-54329, Image Science and Analysis Laboratory, NASA Johnson Space Center. eol.jsc.nasa.gov

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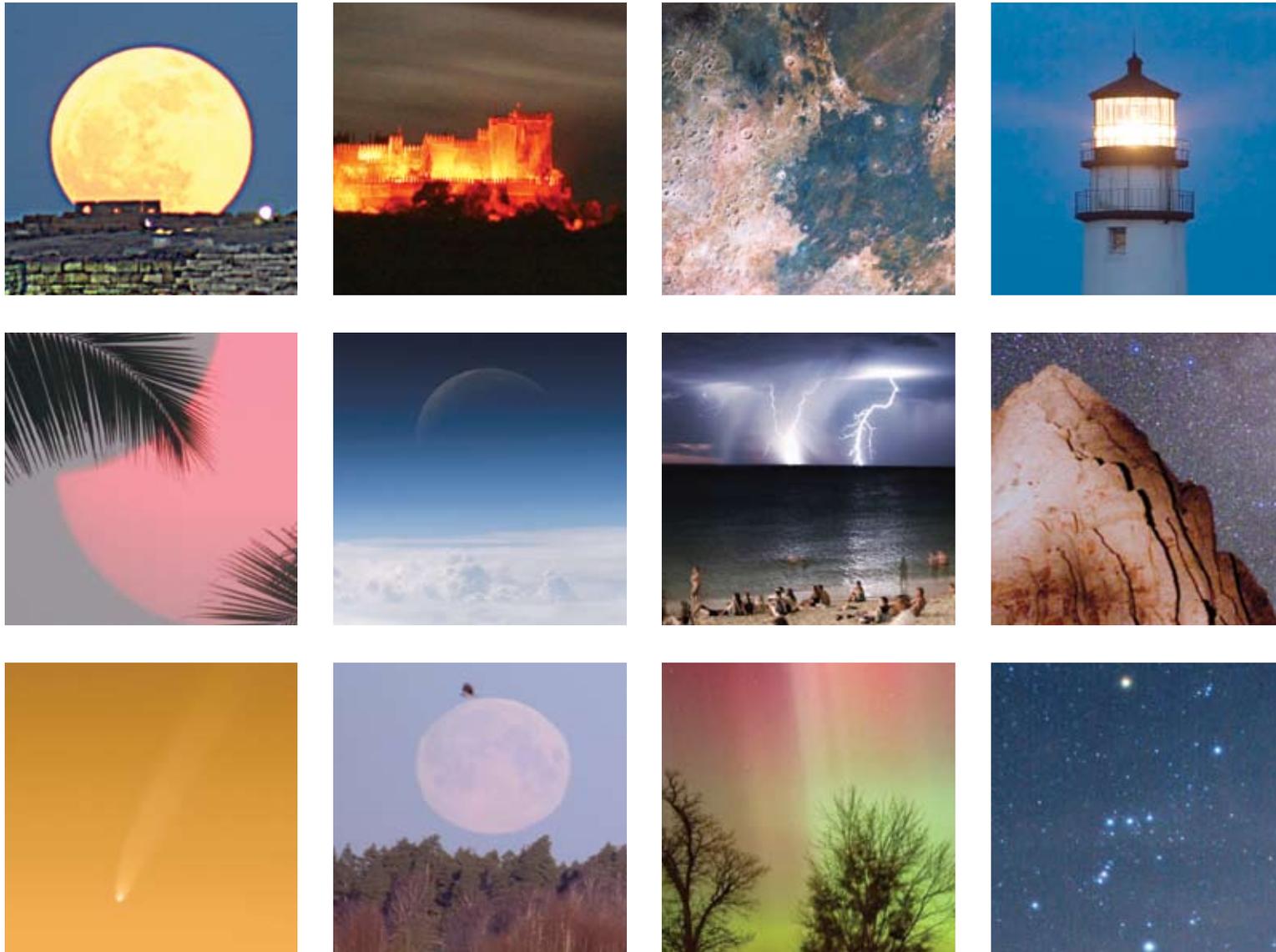
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